



**PYLE  
ADULT  
RECREATION  
CENTER**

655 E. Southern Ave.  
Tempe, AZ 85282

[www.tempe.gov/pyle](http://www.tempe.gov/pyle)

(480)350-5211  
TTY: (480)350-5050

**HOURS**  
Mon-Thu 8am-9pm  
Fri 8am-5pm  
Sat 9am-4pm  
Sun Closed



# Roadrunner Chronicle

PYLE EDITION

SEPTEMBER 2014

## Oktoberfest!

Thursday,  
September 25  
11:30 a.m.

Entertainment by  
**Bad Cactus Brass Duo**

Lunch Menu:  
Bratwurst and Sauerkraut  
on a Bun, German  
Potato Salad and Dessert

\$5 RTA; \$6 Non-members

Registration Code: 41897  
Register by September 22.

## Pyle Special Events

**T**hursday special events start at 11:30 a.m. unless stated otherwise. Advance registration is required and you may register for the entire month, but payment in full is required at time of registration. Please sign up at the Front Desk.

9/4—Brown Bag Series—De-Clutter Your Life!

**12:00 p.m.** Free. Dessert \$1. Details page 5. Code: **41735**

9/11—School Days Luncheon —\$5 RTA, \$6 Non-members. Details on page 6. Code: **41912**

9/18—Birthday Bingo—Celebrate September birthdays. Bring your own lunch and we'll supply the cake and ice cream.

11:30 a.m. RTA \$1; Non-members \$2 Code: **41903**

9/25—Oktoberfest!—11:30 a.m. RTA \$5; Non-members \$6 Details on page 1. Code: **41897**

## Tuesday \$3 Lunch



On Tuesdays, join your friends for a simple, low-cost lunch and games or visiting before the Tuesday New Release Movie!

Registration is limited. Please sign up at the Pyle front desk by the Friday before. Sign-ups may also be done at the Cahill Senior Center.

**PLEASE NOTE: Lunch is served at 11:30 a.m.** Meals **will not** be held for latecomers past 11:45 a.m.

\$3 RTA; \$4 Non-member

### This month's menu:

9/2 — Hot Dog, Crispy Fries

Code: **41898**

9/9 — Chicken Salad Croissant Sandwich, Fruit

Code: **41899**

9/16 — Pizza, Salad

Code: **41900**

9/23 — Chef Salad, Dinner Roll

Code: **41901**

9/30 — American Chop Suey, Dinner Roll

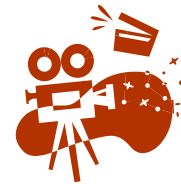
Code: **41902**

**Pyle will be  
Closed  
for**

**LABOR  
DAY**

**Monday,  
September 1**

# Free Movie Every Tuesday and Friday



Subtitles will be used when available. Movies are subject to change due to availability.

## Tuesday New Release Movies Showtime: 12:30 p.m.

- 9/2 Short Term 12, **Rated R**, 96 mins
- 9/9 Le Week-End, **Rated R**, 93 mins
- 9/16 Saving Mr. Banks, **Rated PG-13**, 125 mins
- 9/23 Her, **Rated R**, 126 mins
- 9/30 Divergent, **Rated PG-13**, 139 mins

## Friday Classics – Showtime: 12:30 p.m.

- 9/5 Gentlemen Prefer Blondes, **NR**, 91 mins
- 9/12 From Here to Eternity, **NR**, 118 mins
- 9/19 Fahrenheit 451, **NR**, 112 mins
- 9/26 The Manchurian Candidate, **Rated PG-13**, 129 mins



*Save the date for*

## *Pyle's Fall Arts & Crafts Boutique*

*October 24, 9am-4pm; October 25, 9am-3pm*



## Groups at Pyle

The Pyle Center has many groups who call it home. If you are interested in joining any group, stop by the Pyle Front Desk for more information.

**BOOK CLUB:** This month's meeting is on September 26, 9-11 a.m. and the book is: *The Gift of Rain* by Tan Twan Eng

### CURRENT EVENTS

#### DISCUSSION GROUP:

Thursdays 1-3 p.m. Discuss books, events, movies, etc.

**BUNCH FOR LUNCH:** A fun group who enjoys food and good company. This month's lunch date: Friday, September 12, at 11:30 a.m.



#### Claim Jumper

1530 W. Baseline Rd., Tempe  
north side of Baseline, west of  
Priest, south side of Arizona  
Mills Mall 480-831-8200

### LOONEY TOONERS KITCHEN BAND:

Special meeting 9-11 a.m. Sept. 2.  
The band meets every Monday,  
9:30-11:30 a.m. starting Sept. 8.

### SENIOR SONGBIRDS:

The Senior Songbirds meet every  
Wednesday, 9:30-11:30 a.m.

### NEEDLEWIELDERS:

Tuesdays & Thursdays, 9 a.m.-1 p.m.  
Create handcrafted items for  
charity in a fun, social environment.

## RTA News

The Retirees of Tempe Advisory group meets the first Thursday of each month at 10:00 am to discuss the activities and programs at the Pyle Center and to advise and help the staff with planning. All RTA members are

welcome to join the discussion and become more involved in senior activities.

This year's officers are Don Galen, President; Lorna Scooler, 1st Vice President; Julia Pringle, 2nd Vice President; Beverle Miller, Secre-

tary.

RTA membership is just \$5 per calendar year and gives you a discount on our social events.

The next meeting is Sept. 4, 10am in the Pyle Center Conference Room. Join us!

## Alzheimer's Caregiver Support Group

**September 15**

**1:30 p.m.-3:00 p.m.**

Are you caring for someone with Alzheimer's disease? Hank Zaremba, a specialist from Tempe St. Luke's Hospital will facilitate a discus-

sion for caregivers trying to assist loved ones who are coping with Alzheimer's disease. Share challenges, successes and information about being a caregiver with other members.

This support group is free and all are welcome to attend.

Please RSVP using the following code:  
**41911**



## Arts & Crafts Boutique Vendor Registration

Artists and Crafters interested in participating in Pyle's Fall Arts & Crafts Boutique will be able to choose their tables starting September 8 and 9.

### **Registration for current RTA members (by 7/1/14):**

Monday, September 8 at 1:00 p.m. , Pyle Multi-purpose Room  
Tables are \$20 each, with a limit of two tables per vendor.

### **Registration for Non-RTA members:**

September 9 — October 10, Pyle Front Desk  
Tables are \$30 each, with a limit of two tables per vendor.

### **Boutique Dates:**

Friday, **October 24**, 9 a.m.-4 p.m. and Saturday, **October 25**, 9 a.m.-3 p.m.  
For more information, please visit the Pyle Center Front Desk or call 480-350-5214.



## De-clutter Your Life!



Are you attached to your “stuff”? It is natural to accumulate possessions as we age: we need things to fulfill our roles as workers, parents, partners. As these roles change over time, it may be difficult to rid ourselves of items that once played a key role in our lives but are now in the background.

This seminar looks at practical approaches to dealing with clutter, as well as the emotional attachments that many of us hold for the “stuff” that defines our lives.

Join Josephine Levy, from New Horizons Senior Move Management for this free lecture, and get organized!

**Thursday, September 4 at noon.**

Bring your own lunch. Add dessert for \$1 RTA Members, \$2 Non-members.

Register at the front desk today, using the code: **41735**

## Cooking with Trena: A Cooking Series for You!

Join Chef Trena Jones for an enjoyable afternoon of cooking. Practice basic skills and explore culinary methodology. Learn tips and tricks that are certain to enhance your favorite recipes. All recipes are included as part of the class fee and participants will sample every dish. Be sure to wear your apron!

All classes are on **Mondays, 1:00-3:00 p.m.** in the **Pyle Multipurpose Room**. Registration fee for each class is \$18. An additional \$5 supply fee is due at the class. Schedule is as follows:

### 9/15—Oktoberfest

Rahm Schnitzel (pork), Spaetzle (dumplings) and individual Apple Strudel. Learn how to make clarified butter to keep and use for all your cooking needs. Code: 41326

### 10/6—Protein Possibilities

Meatless sources of protein. Red Pepper Hummus, Falafel, Tofu & Chickpea Crunch Bites. Code: 41327

### 10/27—The Fall Harvest

Recipes with fall fruits and vegetables. Acorn Squash Soup, Brussel Sprouts,

Roasted Butternut Squash, Apple/Cranberry Chutney. Code: 41328

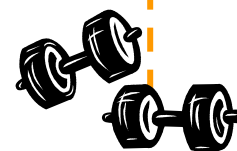
### 11/17—Made with Milk

Learn to make Paneer, Cottage & Mozzarella cheeses, yogurt & butter (made with cream) Code: 41329

### 12/8—Health Benefits of Herbs & Spices

Learn how herbs & spices can enhance and supplement everyday health. Code: 41330

## Pyle Fitness Center



Take advantage of a facility fully equipped for you!

The Pyle Fitness Center is open during the following hours:

Mon.-Thurs., 8 a.m.-8:30 p.m.; Fri., 8 a.m.-4:30 p.m.; Sat. 9 a.m.-3:30 p.m.

Membership Fees: { One month — \$15    Three months — \$35  
Six months — \$55    Drop-in — \$2

# School Days Luncheon

Thursday,

September 11, 11:30 a.m.



Entertainment by

Paris James & Tim Rovnak Acoustic Duo

Menu:

Roast Beef, German Spaetzle with Gravy,  
Vegetable, Dinner Roll and Dessert

\$5 RTA; \$6 Non-members ~ Code: 41912

## Diversify Your Taxes in Retirement

This workshop is designed to minimize your taxes during retirement. In this workshop learn how to :

- Create a tax-diversified portfolio

- Decrease your exposure to market volatility
- Gain protection from rising nursing home and medication expenses

- Protect yourself from creditors

This workshop is free!

Monday, September 22  
from 10:00—11:30 a.m.

Reg. code: **41909**

## Understanding Your IRA

This free workshop offers real world strategies for those preparing to, or already utilizing, their IRA.

Upon completion of this short course you will know what an IRA is and

how to properly use an IRA in your retirement planning process. You will also learn the laws regulating IRA's and how to avoid making costly mistakes.

Sign up today using the

registration code:  
**41910**

Monday, September 29  
10:00—11:30 a.m.





# Be Well On Purpose



Wellness is not an accidental result, especially in one's later years. It often requires the individual to find a sense of balance which transcends multiple dimensions of an optimum life track, beginning with a sense of purpose, but also including emotional, social, physical, intellectual and even spiritual aspects. Research

shows that older adults who live with a sense of purpose are happier and healthier. Although we may retire from a job, we should never retire from life. Find something that gives you a sense of meaning and a zest for life. Learn how to rediscover your purpose and to balance wellness in each of the six dimensions of

optimum life: Purposeful, Emotional, Physical, Social, Spiritual and Intellectual.

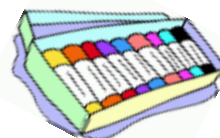
**Wednesday, September 24 at 10:00 a.m.**

This lecture is free!

Register today, using the code: **41925**



## Making Art With Alice



Alice Van Overstraeten, our resident Pastel Painting teacher, will lead a fun and easy demonstration for October's Brown Bag Series. No artistic talent is necessary to

try your hand at the art of pastel painting! Supplies will be provided.

Please mark your calendar for **Thursday, October 2, 11:45am.** Bring your own lunch, and add des-

sert for \$1 RTA, \$2 non-members.

**~Registration required~**

Registration code: **41971**

## Benefits Assistance Program

Offered by the **Area Agency on Aging**, this program provides objective information about insurance and benefits to seniors, the disabled, and caregivers.

A trained Benefits volunteer will be available on the following Tuesdays:

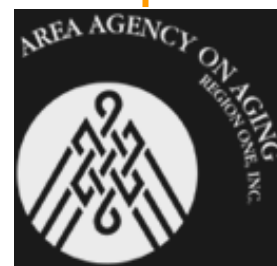
**Sept. 2, 9:30-11:30 am**

**Sept. 16, 9:30-11:30 am**

### Services include:

- Assistance with organizing Medicare and Supplemental claims information to ensure all benefits are paid and obligations to providers are satisfied.
- Basic information on applying for Social Security, Medicare and SSI.
- Up-to-date information and assistance on Medicare Part D prescription drug coverage.
- Information regarding HMOs, managed care, Medicare Supplement plans (Medigap), and options under Medicare.
- Assistance with Medicare appeals & resolving problems.

Walk-ins only – no appointment necessary!



# 50+ Activities

## BINGO:

Wed., 1pm; Card sales begin at 12:15pm;  
50¢ per card; 6 card limit.

## BLUEGRASS JAM SESSION:

Fri., 9-11:30am  
Wed., 1-3:30pm

## CANASTA

Fri., 8:30am-12pm

## CRIBBAGE

Mon., 8:30am-12pm

## MAH JONGG

Tues. & Thurs., 1-4:30 pm  
(intermediate / advanced)

## PAINTING WORKSHOP

Wed., 9am-1pm;  
Fri., 12:30-4:30pm.

A program for current and past participants of Pyle art classes.

## PARTNER BRIDGE

Wed., 11am-3pm

## PARTY BRIDGE

Tues. & Thurs.,  
8:30am-3pm

## PING PONG

Mon., 3-5pm; Tues. 8:30-11am, 3-5pm; Fri. 3-4:30pm

## PINOCHLE & GAMES

Tues. & Thurs,  
8:30am-3pm

## SEWING WORKSHOP

Fri., 12-4:30pm

## SOCIAL SCRABBLE

Mon., 12:30-5pm

Players of all levels are welcome!

## Wii

Tues. & \*Fri., 8:30-11am  
\*Cancelled 1st Friday of each month.

## Fall Instructional Classes start September 2

### ART

#### Acrylic and Oil Painting

39237	Beg. M	9/8-10/13	9 a.m.-Noon	\$36
39238	Int. W	9/3-10/15	1-4 p.m.	\$42
39239	Adv. Th	9/4-10/16	9 a.m.-Noon	\$42
39240	Beg. M	10/20-12/1	9 a.m.-Noon	\$36
39241	Int. W	10/22-12/3	1-4 p.m.	\$36
39242	Adv. Th	10/23-12/4	9 a.m.-Noon	\$36

#### Drawing; Color/B&W

39249	M	9/8-10/13	12:30-3:30 p.m.	\$36
39250	M	10/20-12/1	12:30-3:30 p.m.	\$36

#### Pastel Painting

39260	Th	9/4-10/16	1-3:30p.m.	\$42
39261	Th	10/23-12/11	1-3:30p.m.	\$42

#### Photography for 50+

39262	Sa	11/1-11/15	10 a.m.-12 p.m.	\$30
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#### Watercolor Painting

39278	T	9/2-10/14	1-4 p.m.	\$42
39279	T	10/21-12/2	1-4 p.m.	\$30

### DANCE

#### Line Dance; Beginning

39256	T	9/2-10/14	1:30-2:30 p.m.	\$28
39258	T	10/21-12/16	1:30-2:30 p.m.	\$28

#### Line Dance; Intermediate

39257	T	9/2-10/14	2:30-3:30 p.m.	\$28
39259	T	10/21-12/16	2:30-3:30 p.m.	\$28

#### Tap Dance; Beginning

39270	Th	9/4-10/16	11:15 a.m.-12:10 p.m.	\$19
39273	Th	10/23-12/11	11:15 a.m.-12:10 p.m.	\$19

#### Tap Dance; Intermediate

39271	T/Th	9/2-10/16	9:10-10:05 a.m.	\$39
39274	T/Th	10/21-12/11	9:10-10:05 a.m.	\$37

#### Tap Dance; Performance

39272	T/Th	9/2-10/16	10:10-11:05 a.m.	\$39
39275	T/Th	10/21-12/11	10:10-11:05 a.m.	\$37

### FITNESS

#### Aerobic Dance

39243	M/W/F	9/3-11/21	8:05-9 a.m.	\$82
39244	T/Th	9/4-11/20	8:05-9 a.m.	\$48
39245	M/W/F	12/1-12/19	8:05-9 a.m.	\$23
39246	T/Th	12/2-12/18	8:05-9 a.m.	\$15

#### Chair Yoga

39247	W/F	9/3-10/3	9-10 a.m.	\$30
39248	W/F	10/15-12/12	9-10 a.m.	\$48

#### Gentle Yoga

39252	T	9/2-10/14	12:15-1:15 p.m.	\$25
39253	T	10/21-12/16	12:15-1:15 p.m.	\$25

#### Stretch & Tone

39264	M/W	9/3-11/19	10:30-11:15 a.m.	\$43
39265	T/Th	9/4-11/20	9:15-10 a.m.	\$45
39266	M/W	12/1-12/17	10:30-11:15 a.m.	\$13
39267	T/Th	12/2-12/18	9:15-10 a.m.	\$13

#### Tai Chi / Body Balance

39268	Beg M	9/8-10/20	11:15 a.m.-12:15 p.m.	\$30
39269	Adv M	9/8-10/20	12:30 p.m.-1:30 p.m.	\$30
40534	Beg M	10/27-12/15	11:15 a.m.-12:15 p.m.	\$30
40535	Adv M	10/27-12/15	12:30 p.m.-1:30 p.m.	\$30

#### Toners & Shapers

39276	M/W/F	9/3-11/21	9:05-10:20 a.m.	\$85
39277	M/W/F	12/1-12/19	9:05-10:20 a.m.	\$26

#### Zumba for 50+

39280	T	9/2-10/14	11:10 a.m.-12:05 p.m.	\$29
39281	F	9/5-10/17	10:35-11:30 a.m.	\$29
39282	T	10/21-12/9	11:10 a.m.-12:05 p.m.	\$25
39283	F	10/31-12/12	10:35-11:30 a.m.	\$25

Register today  
at the Pyle front  
desk or online at  
[tempe.gov/brochure](http://tempe.gov/brochure)

NEW

#### Seated Strength Training

41887	T	9/9-10/14	10:45-11:30 a.m.	\$15
41892	T	10/21-12/9	10:45-11:30 a.m.	\$15



# Pyle September 2014

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>1</p>  <p>Pyle Closed</p>	<p>2</p> <p>8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9-11am Kitchen Band 9am-1pm Needlewielders 9:30-11:30am Benefits Assistance Program 11:30am \$3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4:30pm Mah Jongg 3-5pm Ping Pong</p>	<p>3</p> <p>9am-1pm Painting Workshop 11am-3pm Partner Bridge 1-3:30pm Bluegrass Jam Session</p> <p><b>1pm BINGO</b></p>	<p>4</p> <p>8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 10am RTA Meeting <b>12:00pm Brown Bag Series</b> 1-3pm Current Events 1-4:30pm Mah Jongg</p>	<p>5</p> <p>8:30am-12pm Canasta 9-11:30am Bluegrass Jam Session 10am Banner Alzheimer's Institute Music Prog. 12-4:30pm Sewing Wkshp 12:30pm Classic Movie 12:30pm Painting Wkshp 3-4:30 Ping Pong</p>
<p>8</p> <p>8:30am-12pm Cribbage 9:30-11:30am Kitchen Band 10am Blood Pressure Checks 12:30-5pm Scrabble 3-5pm Ping Pong</p>	<p>9</p> <p>8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am \$3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4:30pm Mah Jongg 3-5pm Ping Pong</p>	<p>10</p> <p>9am-1pm Painting Workshop 11am-3pm Partner Bridge 1-3:30pm Bluegrass Jam Session</p> <p><b>1pm BINGO</b></p>	<p>11</p> <p>8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>11:30 School Days Luncheon</b> 1-3pm Current Events 1-4:30pm Mah Jongg</p>	<p>12</p> <p>8:30-11am Wii 8:30am-12pm Canasta 9-11:30am Bluegrass Jam Session 12-4:30pm Sewing Wkshp 12:30pm Classic Movie 12:30pm Painting Wkshp 3-4:30 Ping Pong</p>
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<p>22</p> <p>8:30am-12pm Cribbage 9:30-11:30am Kitchen Band 10am Blood Pressure Checks 12:30-5pm Scrabble 3-5pm Ping Pong</p>	<p>23</p> <p>8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am \$3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4:30pm Mah Jongg 3-5pm Ping Pong</p>	<p>24</p> <p>9am-1pm Painting Workshop 11am-3pm Partner Bridge 1-3:30pm Bluegrass Jam Session</p> <p><b>1pm BINGO</b></p>	<p>25</p> <p>8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders <b>11:30am Oktoberfest!</b> 1-3pm Current Events 1-4:30pm Mah Jongg</p>	<p>26</p> <p>8:30-11am Wii 8:30am-12pm Canasta 9-11:30am Bluegrass Jam Session 12-4:30pm Sewing Wkshp 12:30pm Classic Movie 12:30pm Painting Wkshp 3-4:30 Ping Pong</p>
<p>29</p> <p>8:30am-12pm Cribbage 9:30-11:30am Kitchen Band 10am Blood Pressure Checks 12:30-5pm Scrabble 3-5pm Ping Pong</p>	<p>30</p> <p>8:30-11am Wii/Ping Pong 8:30am-3pm Party Bridge 8:30am-3pm Pinochle 9am-1pm Needlewielders 11:30am \$3 Lunch (pg.2) 12:30pm Movie (pg. 3) 1-4:30pm Mah Jongg 3-5pm Ping Pong</p>	<p><b>Looking ahead to October ~</b></p>  <ul style="list-style-type: none"> <li>• 10/2—Making Art with Alice—BBS</li> <li>• 10/9—Fall Luncheon</li> <li>• 10/16—Breakfast &amp; Bunco</li> <li>• 10/23—Birthday Bingo</li> <li>• 10/24-25—Fall Arts &amp; Crafts Boutique</li> <li>• 10/30—Halloween Party</li> </ul> 		



# Roadrunner Chronicle

CAHILL EDITION

SEPTEMBER 2014

CAHILL  
SENIOR  
CENTER

715 W. Fifth St.  
Tempe, AZ 85281

[www.tempe.gov/  
cahillseniorcenter](http://www.tempe.gov/cahillseniorcenter)

(480)858-2420  
TTY: (480)350-5050

## HOURS

Monday-Friday  
8:30am-2:30pm

Saturday Closed

Sunday Closed



## Friday, September 26th, 11:00am

Enjoy a Bratwurst and Sauerkraut on a bun, with German potato salad and German Chocolate cake while listening to live Polka music by PolkaZona.

**\$5 RTA Members ~ \$6 Non Members**

**Registration Code: 41190**



Learn how to make your own homemade laundry soap in a mason jar that you can decorate.

### Crafts & Coffee with Kim

- Homemade  
Laundry Soap

Sept 17, 10am

Fee: \$4

Code: 41197

### Brunch & Bunco September 10, 10am



Menu: Blueberry French Toast,  
Sausage, Fresh Fruit, Juice & Coffee

Code: 41173

RTA Members: \$4 Non-Members: \$5

## Fabulous Friday's \$3 Lunch

Join us for our fresh and delicious Friday Lunches at 11:30am for only \$3.

**September 5:** Chicken Enchiladas, Rice, Chips & Salsa

**Code: 41179**

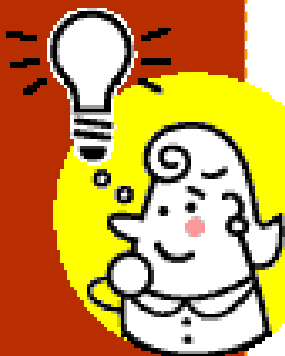
**September 12:** Philly Cheesesteaks, French Fries & Corn

**Code: 41180**

**September 19:** Asian Orange Chicken, White Rice & Broccoli

**Code: 41181**





## We want to hear from You!

We have fun at the Cahill Senior Center. And we want to make sure we continue to offer the services and programs that you enjoy. Starting this September, we would like everyone to fill out a short survey to let us know what YOU would like to see at YOUR center in the future. Would you like additional lunches?

More computer classes? A book club? What is it that we could add to our center to make it an even better experience for you?

The surveys are available at the Front Desk. If you prefer to set up a meeting with Christina Wilson to discuss your ideas, please request a half hour appointment.

**Thank You!**

### BYOL Club

#### “Bring Your Own Lunch Club”

Join your friends at the Cahill Senior Center on Mondays from 11:30-12:30pm while you enjoy lunch and play card games before Bingo.

**FREE**

## Senior Tech Classes

### Blogging Made Easy

Topics include: choosing an online blog, making posts and basic design. Basic Computer Experience/skills required

**September 9th,  
5-6:30 PM  
Code: 41156 FREE**

### Social Media Showcase

This class will include a basic overview of Facebook, Twitter and Pinterest. Basic computer skills required.

**September 17th,  
4-5:30 PM  
Code: 41169 FREE**

### Facebook for Beginners

Students must be registered for, or have completed, Social Media Showcase to take this class. Current email account and basic computer skills is required.

**September 24th,  
4-5:30 PM  
Code: 41171 FREE**

## Programs and Classes

### **Pokeno & Bagels Sept 3, 10 AM**

Pokeno is an easy game like bingo but with playing cards. Join us for **bagels** and coffee while playing Pokeno for grocery prizes.

**Code: 41215 Fee: \$2**

### **Healthy Cooking for Seniors**

Learn how to make nutritious and delicious foods with minimal ingredients and sample the food prepared.

**Sept 2, 10 AM 41207  
Sept 16, 10 AM 41208**

**Fee: FREE**

### **Pancake Breakfast Sept 24th, 10 AM**

Join us for all you can eat pancakes, sausage, fruit juice and coffee.

**Code: 41177  
Fee: \$3**

# Cahill September 2014

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

1  <b>Closed</b> <b>Labor Day</b>  <b>NO BINGO</b>	2 -10 AM <b>Healthy Cooking For Seniors</b> Code: 41207 -11:15 AM <b>FREE</b> Movie <i>Lone Survivor</i>	3 -10 AM <b>Pokeno &amp; Bagels</b> Code: 41215 	4	5 -11:30 AM <b>\$3 Lunch</b> Menu: Chicken Enchiladas, Rice, Chips & Salsa Code:41179  <b>-1 PM Bingo</b>
8  -11:30-12:30 PM BYOL Club "Bring Your Own Lunch"  <b>-1 PM Bingo</b>	9 -11:15 AM <b>FREE</b> Movie <i>The Grand Budapest Hotel</i> -5-6:30 PM <b>Senior Techs: Blogging Made Easy</b> Code: 41156	10 -10 AM <b>Brunch &amp; Bunco</b> Menu: Blueberry French Toast, Sausage, Fresh Fruit, Juice & Coffee Code: 41173	11	12 -11:30 AM <b>\$3 Lunch</b> Menu: Philly Cheesesteak, French Fries & Corn Code: 41180  <b>-1 PM Bingo</b>
15  -11:30-12:30 PM BYOL Club "Bring Your Own Lunch"  <b>-1 PM Bingo</b>	16 -10 AM <b>Healthy Cooking For Seniors</b> Code: 41208 -11:15 AM <b>FREE</b> Movie <i>Fruitvale Station</i>	17 -10 AM <b>Crafts &amp; Coffee W/Kim– Homemade Laundry Soap</b> Code: 41197 -4-5:30 PM <b>Senior Techs: Social Media Showcase</b> Code: 41169	18	19 -11:30 AM <b>\$3 Lunch</b> Menu: Asian Orange Chicken, Steamed White Rice, & Steamed Broccoli Code: 41181 <b>-1 PM Bingo</b>
22  -11:30-12:30 PM BYOL Club "Bring Your Own Lunch"  <b>-1 PM Bingo</b>	23 -11:15 AM <b>FREE</b> Movie <i>The Book Thief</i>	24 -10 AM <b>Pancake Breakfast.</b> Code: 41177 -4-5:30 PM <b>Senior Techs: Facebook For Beginners</b> Code: 41171	25	26 -11 AM <b>Oktoberfest!</b> Menu: Bratwurst and Sauerkraut on a bun, German Potato Salad, and Dessert. Code: 41190  <b>-1 PM Bingo</b>
29  -11:30-12:30 PM BYOL Club "Bring Your Own Lunch"  <b>-1 PM Bingo</b>	30 -11:15 AM <b>FREE</b> Movie <i>Tim's Vermeer</i>	<div style="border: 2px dashed orange; padding: 5px;"> <b>Happy September Birthdays to:</b>  Janet Eicher  Betty Molina  Willie Mae Graham  Bobbie Bufford  Emily Bratko  Peggy Skelton </div>		<b>Looking forward to October</b> 10/7– Healthy Cooking 10/8– Pokeno & Bagels 10/14– Alzheimer's Presentation 10/15– Breakfast & Bunco 10/21– Healthy Cooking 10/22– Crafts & Coffee 10/29– Pancake Breakfast 10-31– Special Event Luncheon